

# The Fort Huachuca Scout®



Vol. 51, No. 27 Published in the interest of Fort Huachuca personnel and their families. View online at [huachuca-www.army.mil/USAG/PAO](http://huachuca-www.army.mil/USAG/PAO). July 7, 2005

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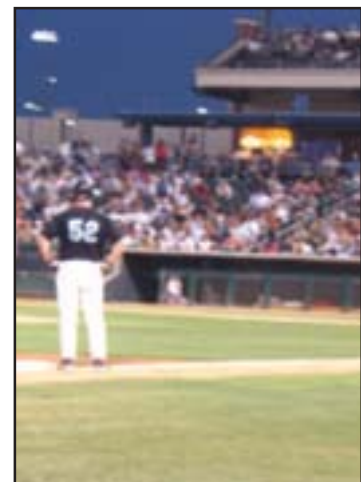


Photo by Staff Sgt. Jeff Troth

# Letter to the editor; motorcycle riding commentary

BY MICHAEL  
MCDONALD

Good Day Sir,  
I am also an avid  
motorcyclist and read with  
disbelief the title of the  
article in question. I have  
also read your rebuttal (if  
you can call it that) in  
today's Scout.

I am not nearly as  
articulate as the first very  
outspoken person, how-  
ever, just as passionate. I  
ride a Honda Gold Wing  
and belong to the Gold  
Wing Road Riders  
Association whose motto  
is Friends for Fun, Safety,  
and Knowledge. We take  
the Experienced Riders  
Course every two years  
whether we need it or  
not. However, I am no  
different than most any  
other rider in that most of  
us had the worse instructor  
on the face of the

planet. That is — we are  
mostly self taught, hence,  
the need for constant  
refresher training to break  
bad habits.

I agree with you that  
the statistics are accurate  
and the focus of the article  
was on safety and Depart-  
ment of Defense regula-  
tions for riding  
apparel. What I strongly  
disagree on was the title of  
the article. It portrayed an  
extremely negative  
attitude towards our  
beloved sport of motor-  
cycle riding. I grant you  
that there are inherent  
dangers in our sport that  
can be minimized through  
training and proper attire,  
however, no danger can be  
totally eliminated (which  
includes household  
accidents). I also agree  
that there is no need to  
apologize for the article,  
but, a comment about the

title maybe being a little to  
callous or unfeeling or  
insensitive or rude or  
uneducated may have  
been in order.

Thank you for the  
educational article that  
hopefully will enlighten  
some younger (or even  
older) riders. Just would  
be nice to not have the  
negative impact that so  
many journalists use. I  
have seen this many times  
in articles regarding  
accidents between  
automobiles and motor-  
cycles. They usually say  
something to the effect  
that the bike hit the  
car. What they normally  
fail to say is the car turned  
left or right in front of  
them or blew a stop sign.

Well enough of my  
ranting.

Michael & Christine  
GWRRA Arizona E  
Treasurer 2005-

GWRRA Arizona E  
Senior Chapter Directors  
2000-2004

GWRRA Arizona  
District Newsletter Editors  
2001-2004

GWRRA Arizona E  
Couple of the Year 1998

GWRRA Arizona E  
Newsletter Editor 1998-  
2000

GWRRA Arizona E  
Ride Coordinators 1997-  
1998

*Editor's response. Mr.  
MacDonald's letter makes  
an interesting point about  
the headline (which seems  
to be the main point of  
contention in many of the  
letters we've received). In  
hindsight, I agree, running  
that headline (which was  
part of the original Impax  
article) wasn't fair to the  
motorcycling community.  
Regarding his final  
comment, it's impossible*

*to respond to such a  
general statement except  
to say that I'm sure a  
certain number of acci-  
dents are the fault of car  
drivers and others that of  
motorcyclists (don't forget,  
many of us who drive cars  
find motorcyclists who  
thread between full lanes  
of traffic to be just as great  
a road hazard).*

*Also, we've gotten  
multiple comments on the  
"negative" approach  
journalists take and  
complaints about how we  
"never" cover the posi-  
tives. Sorry, but journalists  
are like that. Journalism  
tends to be focused on  
negative events because  
those have greater news  
value. I can't run a  
headline that says "No  
motorcycle accidents on  
post this week!" because  
that's supposed to be the  
norm, accidents are*

*unusual and that's what  
makes them newsworthy.  
We did run a photo earlier  
this year of a motorcycle  
event (the Poker Run)  
which was a positive event  
and are not adverse to  
running articles on  
motorcycle use that are  
positive provided they are  
appropriate subject matter  
for this newspaper.*

*In fact, here's an offer I  
hope the local motorcycle  
community won't refuse.  
I'll make space in the  
paper for a regular  
column on the Fort  
Huachuca motorcycle  
community. I'd like it to  
include safety and educa-  
tion information to help  
local riders, but it can also  
talk about events and  
clubs and it will be subject  
to edit by the Scout staff  
(this is a post newspaper  
after all).*

*Anybody interested?*



Photo by Beth Davie

**The Scout is looking for motorcycle enthusiasts to write a column on motorcycle-related issues.**

## The Fort Huachuca Scout®

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are not necessarily the official views of, or endorsed by the  
U.S. Government, Department of Defense, Department of  
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chuca.

It is published weekly, except Christmas and New  
Years, using desktop publishing by the Public Affairs Office,  
U.S. Army Intelligence Center and Fort Huachuca, Fort Hua-  
chuca, AZ 85613-7027. Printed circulation: 8,200.

All editorial content of *The Fort Huachuca Scout* is pre-  
pared, edited, provided and approved by the PAO. *The Fort  
Huachuca Scout* is printed by Aerotech News and Review,

999 E. Fry, Suite 307, Service to Arizona, Sierra  
Vista, AZ 85635, a private firm in no way con-  
nected with DA, under exclusive written contract  
with the U.S. Army Intelligence Center and Fort  
Huachuca. The civilian printer is responsible for  
all advertising.

Editorial material for publication should be submitted to  
USAIC&FH Public Affairs Office, 3015 Carnahan St., Bldg. 21115,  
The Fort Huachuca Scout (AZTS-PA), Fort Huachuca, AZ, 85613-  
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bers of the commander's internal audience for monthly postage  
and handling fees upon approval of the PAO.

**POSTMASTER:** Send address changes to Aerotech News  
and Review, 8607 N. 59th Ave., Suite C-3, Glendale, AZ 85302.  
To submit stories or inquiries, call (520) 533-1987, DSN 821-  
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# Antiterrorism/Force Protection exercise

BY SGT. JOY PARIANTE

SCOUT STAFF

The Fort Huachuca Antiterrorism and Force Protection office will conduct an AT/FP exercise on post Aug. 3.

This AT/FP exercise, titled "Arrowhead" is an annual requirement for the entire installation, said Richard Dixon, AT/FP officer.

The post community should expect to see increases in security, changes in Force Protection Condition levels, access control points and, most importantly, delays and closures at

the gates and at facilities throughout the installation on Aug. 3, said David Koch, AT/FP operations officer. There is also the potential for release of nonessential personnel throughout the day, Dixon said.

"This exercise will test our response to real world situation that could occur, however, this is only an exercise," Dixon explained.

"Please be patient and understanding while we conduct this annual requirement," Koch said. "Our actions during the exercise will greatly enhance the readiness of the fort."

For information prior to the start date, read-

ers should continue to read the Scout and watch the Commander Access Channel (Channel 97) for up to date information, Koch said. Once the exercise starts, the installation and community will be able to call the Installation Information Hotline at 458-4636 for updates about Force Protection measures and other important information, Koch added. Also during the exercise, command channels, available marquees and the new Mass Notification System (speaker system) will be used to disseminate current FPCON measures and critical information.

## Emergency services conducts checkpoint exercise

BY MAJ. RHETT H.

WEDDELL

DIRECTOR OF EMERGENCY SERVICES

On June 28, from 5 p.m. until 8 p.m., the Directorate of Emergency Services executed an Anti-Terrorism / Force Protection checkpoint on Hatfield between Hunt and the East Gate. This checkpoint was conducted to ensure the safety, security and preparedness of the installation in general and the Directorate of Emergency

Services / Military Police in specific. The method of the checkpoint was to check vehicles, personnel and equipment on the installation and randomly search personnel, vehicles, suitcases and packages leaving the installation. Minor infractions were corrected on the spot and citations were issued for non-correctable offenses. The scheduled checkpoint was executed with representatives present from the Directorate of Emergency Services, Criminal In-

vestigative Command, Staff Judge Advocate, Military Police, and Public Affairs Office.

As a result of this and other checkpoints planned in the near future, the Directorate of Emergency Services is capable of enforcing and executing their portion of the Commanders Force Protection Plan and enforcing and maintaining standards required by the department of defense, the commanding general and the garrison commander.



Photo by Spc. Marcus Butler

**Military Police Officers from the 18th Military Police Detachment implement raised force protection procedures.**

## Army releases Field Manual 1, The Army, on its 230th birthday

ARMY NEWS SERVICE

The U.S. Army announces the release of the newest version of FM 1, "The Army," which furnishes the doctrinal foundation for the entire Army, as part of events honoring the Army's 230th birthday.

Field Manual-1, "The Army," establishes the operational concept and other fundamental principles for employing land power in support of the National Security, National Defense, and National Military strategies. This field manual is the core doctrinal statement that drives the way the Army fights

"It gives me great pride to send this field manual

to the field during the week of our Army's 230th birthday," said Gen. Peter J. Schoomaker, Army Chief of Staff. "We are reminded that warfare remains a human endeavor and it is Soldiers, not equipment or weapons systems, who allow us to fulfill our solemn obligation to this great and free nation," he said.

This 2005 edition emphasizes military transformation, and incorporates the Soldier's Creed and Warrior Ethos into doctrine. The field manual also formalizes the joint, expeditionary mindset into written doctrine — including interoperability, land power's complementary role within a joint force and a refined appreciation of full spectrum operations.

The theme for the Army's 230th birthday, "Call to Duty," reflects many of the publication's key messages. Field Manual 1 is written for both civilian and military audiences. It avoids jargon and acronyms, using a style that makes it accessible to a diverse audience. Its publication is the first step in a comprehensive revision of all Army doctrine. Field Manual 1 is available on the Army's public Web site at [www.army.mil/fm1](http://www.army.mil/fm1).

For more information, please contact Maj. Desiree Wineland at Army Public Affairs, phone (703) 269-7208 or E-mail to [Desiree.Wineland@hqda.army.mil](mailto:Desiree.Wineland@hqda.army.mil).

## Troops remember military service with the Military Pride Catalog

AAFES NEWS SERVICE

The 2005 Military Pride Catalog is now available in military exchanges. Packed with a wide range of military-themed items that pay tribute to the Armed Forces, both retired and active-duty service members will find great gifts, including military rings and jewelry, clothing, figurines, frames,

military toys and display cases in this special 24-page catalog.

"We are very excited about our first-ever, Military Pride Catalog," said Marketing Senior Vice President Mike Westphal. "We are confident our customers are going to love the assortment and the prices."

The 2005 Military Pride Catalog is available for free at all main stores and

online for authorized customers at [www.aafes.com](http://www.aafes.com), [www.usmc-mccs.org](http://www.usmc-mccs.org), [www.navy-nex.com](http://www.navy-nex.com), or [www.cg-exchange.com](http://www.cg-exchange.com). Prices in this all-services catalog are valid June 21, through Sept. 15. Active duty military members of the Army, Air Force, Navy, Marines and Coast Guard, as well as military retirees, reservists, National Guardsmen, Department of Defense civilians stationed

overseas, Exchange employees and their family members have all been authorized exchange privileges.

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# Fort treasure retires after 30 years of service

BY SPC. MARCUS BUTLER  
SCOUT STAFF

After 30 years and 9 months of service, Capt. Peter Bidegain, lead firefighter at Fort Huachuca Fire Station 3, is finally going to hang up his hat and boots and retire.

"The most memorable moments that I had while working here were just the firefighters that I worked with," said Bidegain. "These were the moments that can't be printed, but experienced and I have experienced some fine memories."

Surrounded by friends, Bidegain sat around the living room of Fire Station 3 and joked around while listening to tall tales

about his tenure here.

"Peter is an involved leader in this organization that was always willing to accept change," said Peter Nussbickel, assistant fire chief.

Bidegain has been at Fort Huachuca since July of 1989 and has been the lead firefighter since October of 1998. "I have enjoyed every moment of it," said Bidegain.

Not only was Bidegain a dedicated employee, said Nussbickel, but he was also the station's chaplain.

"He was just one of those people that made work enjoyable," said Nussbickel.

After story after story about his good times and embarrassing moments, Bidegain was a little over-

whelmed. "I just want to thank all of you for just being there for me throughout," said Bidegain.

The new chief, Kevin Baylor, who has been here since April, had nothing but great things to say about Bidegain.

"Peter has just been outstanding, to put it plainly," said Baylor. "He has been supportive during my transition here, and I wish he was not leaving. He was just such a positive influence."

After all the kind words and almost tearful goodbyes, it was time to say goodbye to a truly dedicated hero. Fittingly enough, even though Peter Bidegain is retiring, he finished out his last shift at Fire Station 3.



Photo by Spc. Marcus Butler

**Captain Peter Bidegain sits and laughs with friends during his retiring ceremony June 29 at Fire Station 3.**

# Army experimentation: key to the future force

TRADOC NEWS SERVICE

"Experimentation" may evoke images of mad scientists in white lab coats hunched over bubbling beakers, but it's critical to transforming the Army.

Gen. Kevin P. Byrnes, Training and Doctrine Command's commander, outlined Army experimentation as a major program that must be in operation to ensure transformation. "A rigorous experimentation program allows us to take the good ideas and the first pieces of the Future Combat System, put them in the hands of our Soldiers and let them push (the equipment) to failure," Byrnes said. "(By doing this, they can) tell us what works, what doesn't work and let us redesign it, then put it back out.

"The continuous spiral of the experimentation will get us better," he explained. "So that when we develop the future force, (it has) been 'Soldier-certified' so we have what we believe is the right Soldier, the right organization, the right training, the right leader development and the right equipment in the hands of the world's best Soldier."

Since TRADOC's commanding general is the Army's architect of the future, TRADOC is a key player in Army experimentation – which is not at all of the bubbling-beaker-watching variety. Byrnes' executive agent for building the future force is the Futures Center director, who designs, develops and integrates – from concept to capability and development – all aspects of that force.

Within the Futures Center, the task of synchronizing experimentation efforts across the Army, and especially within TRADOC, belongs to the Joint and Army Experimentation Division.

"We get from idea to reality through experimentation – that is, experimentation allows concept and capability developers in the Army to 'test' new capabilities before making huge program investments or placing those capabilities in the hands of Soldiers," said Col. Arnold N.G. Bray, JAED's director since August 2003. "Experimentation mitigates risk for the nation, and it's a key enabler for developing the future force."

With hundreds of development-related activities occurring across TRADOC centers, schools and battle labs, as well as in other Army agencies such as Research, Development and Experimentation Command and Army Test and Evaluation Command, the task of synchronizing and integrating experimentation is an important one.

"It would be impossible without communication – we use two or three planning workshops a year, in addition to biweekly video teleconferences, to plan, direct and monitor experimentation efforts across the Army," Bray said. "In fact, we just hosted the Army Concept Development and Experimentation Plan Planning Workshop."

The three-day conference which Bray chaired – held May 23-25 in Suffolk, Va., and hosted by the Futures Center – brought together key innovators from the experimentation "community of practice," which includes TRADOC schools and centers; TRADOC's battle labs; "sister services" Air Force, Navy and Marine Corps; Army agencies such as RDECOM and ATEC; U.S. Joint Forces Command; and industry, academic and multinational partners.

The conference's purpose was to assess organization objectives for the rest of Fiscal Year 2005, set priorities for the next FY and continue work on the ACDEP for

FY07 out to FY17, according to Bray.

JAED's director said he was able to see the benefits of the Army's experimentation program in combat. "Having left combat 18 months ago, I look back to the fact that I only pulled out a map on two occasions because I had Blue Force Tracker," said Bray, former commander of 2nd Brigade (Falcon Brigade), 82nd Airborne Division, in Iraq. "Blue Force Tracker is a direct outcrop of the early advanced war fighting experiments that are part of FCS' future combat command-and-control system."

Blue Force Tracker provides a means to track friendly-force movements, see updated information about the adversary and look at digital maps linked via satellite that cover the area of operation and area of influence, according to Bray.

"We can use updated maps, scan out, scan in and see real ground in moving a brigade-size force," Bray said. "I was very comfortable in using that, so much so that I got rid of the analog life rafts: that paperwork you pull out to manage the fight."

The Army is now taking the BFT capability, which required a platform, and is putting it into Soldiers' hands via personal-digital-assistant-sized navigational aides.

Building on BFT's success, Bray said JAED is trying to find ways to reduce risks to U.S. Soldiers in their day-to-day operations.

"That means giving them the best equipment and the capabilities to do things better – even if it isn't a technology fix such as a doctrinal or organizational solution," Bray said. "If my son should ever go to war, he will do so being part of the best equipped, best trained and best prepared army in the world, as we are today, tomorrow."

## CATALOG, from Page A3

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Catalogs such as the 2005 Military Pride Catalog are returned to the military community in the form of funding for Morale, Welfare and Recreation facilities and programs. In 2004, AAFES returned \$242.3 million to MWR and services programs.

# Make your move: TRICARE moves with you

## TRIWEST HEALTHCARE ALLIANCE

Changing duty stations can be hard, with packing and saying goodbye to friends. But TRICARE makes changing doctors and health care plans easy for the entire family, even students leaving home for college.

TRICARE Prime benefits travel with military families and their eligible college student dependents with no lapse in coverage whether changing permanent duty stations or moving to new cities to attend college. TRICARE calls this feature “portability.”

Portability is easy to use in transfers that move military families within the TRICARE West Region, administered by TriWest Healthcare Alliance, or to TRICARE’s other two regions in the northern and southern United States.

Those moving outside their previous TRICARE region can

remain enrolled in the TRICARE region they are leaving. Upon arrival at the new duty station, all they need to do is contact the local TRICARE Service Center to enroll in the new region and select a new primary care manager.

The two regional TRICARE contractors will coordinate the transfer, so enrollment will be effective as soon as the new contractor receives the application. In this way, Prime enrollment will be uninterrupted, and TRICARE beneficiaries will avoid incurring point-of-service costs if they receive health care from non-network providers.

If Prime is not available at the new location, beneficiaries may disenroll before moving and change to TRICARE Standard or Extra. When they return to a Prime service area, they may reenroll in Prime at any time.

Portability is more limited for retirees than for active duty family

members. Retired service members, their family members and former spouses are limited to two moves in a year — as long as the second move brings them back to their original TRICARE region.

When a military family’s TRICARE-eligible son or daughter leaves home to attend college as a full-time student, TRICARE Prime’s “split enrollment” feature will enable students to stay enrolled in Prime. Split enrollment allows TRICARE Prime non-active duty families to live and enroll in different Prime service areas or TRICARE regions and to pay only one family fee per enrollment period.

For college students to take advantage of TRICARE Prime split enrollment they must be

- \* enrolled in DEERS,
- \* under the age of 23,
- \* enrolled full-time in a program of

higher learning as approved by the Secretary of Defense, the Department

of Education or a state agency, and  
\* at least 50-percent financially dependent on a TRICARE-eligible sponsor.

TRICARE-eligible college students may use military treatment facilities on a space-available basis, use civilian providers under TRICARE Standard or Extra, or be allowed to remain enrolled in TRICARE Prime. They may remain in Prime if the college or university they attend is located in a Prime service area. The local TRICARE contractor should have a Prime network PCM near the school.

Parents can enroll their college student in Prime in an area where there are no network providers nearby, but the person signing the enrollment form also must sign a waiver of “access standards.” Signing the waiver simply acknowledges that the enrollee is willing to travel longer than 30 minutes from his or her residence to reach a

See **TRICARE**, Page A15

**Advertisement**



# E-Learning: promoting professional and personal transformation

## SCOUT REPORTS

Working eight hours a day, five days a week would be a luxury for most Department of the Army employees. For example, Fort Gordon's Staff Sergeant Jasonica Crawford attests to the long hours worked by Army personnel. "My day starts at 4:00 a.m., I'm at work by 4:45 a.m., and I don't get off sometimes until 6:00 pm," Crawford said.

The Army workforce's workload is demanding, and it needs its personnel to demonstrate the dedication shown by Crawford in order to successfully accomplish its mission. Yet dedication alone won't prepare the Army for the future. Training and education play a critical role in arming Army personnel with the professional and personal knowledge to succeed in the wars of today and tomorrow, as well as in their careers and personal life. Until recently, the question that Army commanders and personnel faced was not whether training was important, but rather, "when can we fit it in?"

In order to answer the question, the Army created Army e-Learning, the latest component of the Distributed Learning System. Army e-Learning offers every active duty Soldier, Army Re-

servist, ROTC cadet and Department of Army civilian employee free access to more than 2,000 commercial web-based information technology, business, leadership, and personal development courses from anywhere with an internet connection. The Army wants to invest in continuing its employees' professional development, and by providing online courses, Army personnel can continue their education and training from their current location within their existing schedule.

Crawford lives the Army cliché, "We do more before 9 a.m. than most people do all day." She serves as an instructor at the Army's Basic Non-Commissioned Officers Academy in Fort Gordon, Ga.. Ironically, while she's responsible for helping extend training to students, her demanding schedule made personal education difficult. Army e-Learning changed that.

"Army e-Learning is helping me reach my professional and personal goals," she said. "When I have time, I sit down and take a course through Army e-Learning. It's very easy. Some courses are voice synchronous and walk you through the lessons, others you read at your own pace. I've learned a lot from Army e-Learning on topics as diverse as business, information technology, human resources and information assurance."

The Army is actively promoting Army e-Learning for personal and professional use. In fact, just over a year ago, the Army's CIO/G6 sent a directive instructing all Army organizations and major commands to use Army e-Learning to satisfy workforce information technology requirements.

"To date, more than 213,000 users have accessed Army e-Learning, and the numbers continue to rise at a rate of 300-500 new users each week," said Stan Davis, project officer for Army e-Learning. "Army e-Learning provides one stop shopping for IT training using the most up-to-date commercial applications industry has to offer.

"An Army Audit Agency report dated February 25, determined that over the last three fiscal years, the Army has saved approximately \$86 million. In fiscal year 2004, Army soldiers and civilians completed over 159,000 courses, resulting in an estimated savings of \$47.6 million dollars. Assuming a constant rate of savings over the next three years, the Army would save an additional \$142 million."

The Army's aggressive approach to training its

See **EDUCATION**, Page A14

**Advertisement**

**Advertisement**



Photo by Spc. Marcus Butler

## That looks painful

*Celidah Holt, the winner of the July 3rd Talent Contest, is dressed to letter and performing a dramatic dance to the song "Hakuna Matata," from the movie "The Lion King". The talent competition was part of the Fourth of July celebrations at Veterans' Memorial Park in Sierra Vista. Holt received a \$100 savings bond courtesy of Wells Fargo.*

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**Advertisement**



# Convoy live fire training gets more realistic

BY DAN SIMON  
SCOUT STAFF

Live fire training here got a bit more realistic recently when a convoy firing exercise reached a new level of realism out on range 13.

In the past, convoy firing exercises only

permitted one vehicle and one shooter to go through the range at a time. This maximized safety, but created a training scenario that was unlikely to be found in real world combat.

Thanks to efforts by range control and battalion personnel, this training will now be more realistic said Maj. Mark Moss, the S-3 for the 504th Signal Battalion. One of the unit's companies was the first to go through the new training setup.

"We're preparing for the 69th Cable Company to support OIF," Moss recounted. "They (Range Control) asked us what we'd like to do. We asked for a scenario during blank fire where we could block and unblock an ambush.

"For the live fire we showed them what we wanted to do and got approvals from the higher ups. They built special targets for us, so we could shoot 9mm, SAW, even the automatic weapons system on blast instead of single shot."

Instead of one shooter in one vehicle, the convoy took the course with three vehicles and 15 riflemen shooting at pop-up targets on the course. Pyrotechnic explosions and smoke helped make the drill more realistic too.

The improvement in training realism builds upon a goal articulated by Maj. Gen. Barbara Fast in a recent speech to community leaders. During her speech, Fast talked about how Soldiers here felt they didn't have enough practice with their weapons and efforts would be made to give every Soldier at Fort Huachuca more training with their assigned

weapon. It was also a hit with the Soldiers.

"We had two days dedicated," Moss aid. "Roughly 45 to 50 soldiers were able to go through it. We wanted more, but other things were going on too.

"It provides them a realistic scenario, plus just getting to shoot live ammo is important. Soldiers like to send live ammo down range instead of practice. They were all pretty excited about it."



Photos by Dan Simon

**Top:** a HMMVV navigates through smoke during the convoy live-fire exercise. **Above;** a Soldier fires at pop-up targets. **Left:** Sgt. Michael O'bryan and Maj. Mark Moss (closest to the camera) ride in one of the vehicles.



# Post celebrates America’s birthday

Photos by Spc. Marcus Butler

**Right:** Members of the Fort Huachuca Select Honor Guard set off cannon fire at Veterans Memorial Park, in remembrance of Independence Day. **Below:** Patrons of the 4th of July concert and fireworks show at Stone Field sit back and listen to music from the Bad News Band and the 36th Army Band while waiting for the fireworks show to begin. **Far right:** Children of all ages were flying the red, white and blue of the United States Flag during the 4th of July Concert and Fireworks Show at Stone Field.



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Range Closures

Today – AA, AB, AC, AD, AE, AF, AG, AK, AL, AM, AP, AU, T1, T1A, T2  
Friday – AA, AB, AC, AD, AE, AF, AG, AK, AL, AM, AP, AR, AU, AY  
Saturday – AC, AP, AU, T1, T1A, T2  
Sunday – AC, AU  
Monday – AB, AC, AG, AH, AK, AM, AN, AR, AU  
Tuesday – AB, AC, AG, AH, AK, AL, AM, AN, AR, AU, AW, T1, T1A, T2  
Wednesday – AB, AG, AH, AK, AM, AN, AR, AU, AW  
For more information on range closures, contact Range Control at 533-7095. Closures are subject to change.

Road construction

The Directorate of Public Works contractor, All Star Services, will be replacing the culvert on Allison Road. Work will start on Monday and will be completed by August 1. Allison Road will be closed to all traffic from just past the Lakeside Club Road to Winrow. A portion of Squire Road from Winrow to Allison will also be closed. Every effort is being made to ensure a smooth and trouble-free project and the DPW appreciates your cooperation and patience during this construction. For more information, please contact Eric Gabel, 533-1443.

ACS to celebrate 40<sup>th</sup> birthday

Army Community Service will celebrate the organization’s 40<sup>th</sup> birthday with an open house, 10 a.m. – 2 p.m., July 28, at the ACS Building 50010. There will be free cake, popcorn, punch and games. Everyone is welcome. For more information, call ACS at 533-2330.

Installation retirement ceremony

The next Installation Retirement Ceremony is scheduled at 7 a.m. on 29 July , at Chaffee Parade Field. This ceremony is open to all military and civilians who are retiring. A mandatory rehearsal for retirees is scheduled for 0700, 28 July 2005, also at Chaffee Parade Field. If you are interested in participating in this ceremony, contact the USAIC&FH Protocol Office at 533-1232 to fill out an information sheet to register or Suzette Krusemark, DPTMS, 533-3185, email: [suzette.krusemark@us.army.mil](mailto:suzette.krusemark@us.army.mil). The last day to register to stand in this ceremony will be 19 July 2005.

Ammunition amnesty program

The Ft. Huachuca Ammunition Amnesty Program is intended to ensure maximum recovery of ammunition items. It is not intended to circumvent normal turn-in procedures. The program provides a safe and efficient means to return found ammunition to the Ammunition Supply Point.

Ammunition and explosive items found on post, except small arms ammunition like .50 caliber, are considered hazardous and will not be moved by untrained personnel. The Military Police must be contacted immediately. Once the MP’s determine the item(s) to be safe, the item(s) will be transported to the ASP and turned in during duty hours. After duty hours, the item(s) may be placed in the amnesty box located in front of building 13524 at the ASP.

Commanders will establish and implement an Ammunition and Explosive Amnesty Program that does not intimidate an individual or prevent an individual from freely turning in ammunition.

For more information, call the ASP at 533-3350/2512 or the Quality Assurance Specialist Ammunition Surveillance at 533-1843.

New announcements on AKO

The Department of the Army and Training and Doctrine Command are proud to announce the hosting of a new community site on AKO that will periodically announce the release of new or revised warfighting doctrinal publications (Field Manuals, Joint publications, Allied Joint publications, and Multi-Service publications). This is an effort to ensure Soldiers are aware, and have immediate access to the most current doctrinal publications published.

**Correction: The Scout’s 4<sup>th</sup> of July suppliment incorrectly identified the commanding general as Brig. Gen. Barbara Fast. She is, of course, a major general.**

Chaplain’s Corner  
Springtime in the southeast Arizona Theatre of operations, part five

BY CHAPLAIN (CAPT.) SCOTT DANIEL

504TH SIGNAL BATTALION CHAPLAIN

*Huachuca Scout, published June 30.*  
We will be happy then/when/if. But for right now I just want more.

So now that I have pointed out the spiritual need what is the point

of the sermon? No point ... I’m a preacher and I just wanted to make you miserable. No really, I have an answer. The secret to being happy right now is the past. It is memory.

It is the remembrances of all that has gone before that informs our faith for the future and gives us confidence.

(Article to be continued next week)

Protestant Sunday Services			Catholic			Youth Church			1st, 2nd, 3rd, 5th Sunday			Meetings			
8 a.m.	Episcopal	Main Post	<u>Main Post Chapel</u>			Men’s Choir			Tuesday	7 p.m.	Women’s Ministry 2nd Sunday				
9:20 a.m.	Gospel	Kino Chapel	CCD	Sunday	10:45 a.m.	Rehearsal			Meetings						
9:30 a.m.	Protestant	Prosser Village	Adult	Sunday	10:45 a.m.	Women’s Choir			2nd Tuesday	7 p.m.	Youth Ministry 3rd SudaY				
11 a.m.	Cross Roads	Cochise Theater	Apologetics			Rehearsal			Meetings						
11 a.m.	Collective	Main Post	Adoration of the	Friday	3 - 6 p.m.	Adult Bible Study			today	6 - 7 p.m.	Adult Usher 4th Sunday after service				
3:30 p.m.	ALPHA	Prosser Village	Sacrament Blessed			Youth Bible Study			today	6 - 7 p.m.	Meetings				
			Korean OCIA			Friday	7p.m.	Sanctuary Choir			today	7 p.m.	Men’s Ministry Saturday 8 a.m.		
			MCCW			1st Friday	7 p.m.	Rehearsal			Bible Study				
Roman Catholic Worship						Youth Ushers			Saturday	10 a.m.	Women’s Choir 5th Saturday 11 a.m.				
Mon.-Fri.	11:30 a.m.	Main Post				Youth Choir			3rd Saturday	10:30 a.m.	Rehearsal				
Saturday	4 p.m.	Main Post	Protestant			Youth Emphasis			4th Saturday						
Confession			<u>Main Post Chapel</u>			Saturdays			Muslim Prayer						
Saturday	5 p.m.	Main Post	PWOC	Tuesday	9 a.m.	Drama Team			Saturday	8:30 a.m.	Friday	11:30 a.m.	Main Post		
Mass			Sunday School	Sunday	9:30 a.m.	Youth Min. Staff			Saturday	10 a.m.	Buddhist Weekly Teaching				
Sunday	9:30 a.m.	Main Post				& Parents Meeting			Tuesday			6:30 p.m	Prosser Village		
Mass			<u>Kino Chapel</u>			Youth Choir			Saturday	10:30 a.m.	Orthodox Divine Liturgy				
Sunday	11:30 a.m.	Kino Chapel	Women’s Ministry	1st, 3rd Friday	6 p.m.	Rehearsal			Sunday			10 a.m	Main Post		
Mass			Bible Study Fellowship			<u>Murr Community Center</u>			Latter Day Saints Service						
Jewish Worship			Adult/Youth	Sunday	8 a.m.	Teens and			Sunday	9:20 a.m.	Sunday	1 p.m.	Prosser Village		
Friday	7 p.m.	Main Post	Sunday School			Pre-teens Study									
						Parish Council			1st Sunday after service						

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workforce is unprecedented. Army e-Learning benefits include: enlisted personnel earning promotion points; access to training and personal mentoring for more than 40 certification preparation programs such as MCSE, A+, CISSP, Cisco, Oracle and others; continuous learning points for civilian acquisition workforce; and college accreditation for a number of courses.

### Providing Opportunities through Education

Army personnel turn to Army e-Learning for different reasons. Among the many reasons, some need to satisfy an immediate training requirement, others want to increase their likelihood of advancement, and quite frequently, many find their job description fundamentally changing, thereby necessitating training.

That's how Crawford was introduced to Army e-Learning. After hearing her service as a telecommunications operator maintainer would be ending in 2007, and she would have to reclassify to another specialty, she faced a choice. "I could either go through a five-month course that included 17 weeks of formal schooling at Fort Gordon, five days a week in a class all day, or I could go through the lessons on Army e-Learning. Army e-Learning allows me to set my own pace while achieving the same objective. I preferred

the Army e-Learning option. It's much less disruptive," says SSG Crawford.

In addition to being less disruptive, Army e-Learning provides two critical benefits. First, it helps expedite getting a college degree, and second, it allows the Army workforce to diversify in their careers.

While creating Army e-Learning, the Army was careful to ensure that its courses could be accredited by the American Council on Education. People who take classes through Army e-Learning have been pleasantly surprised to find that many of their courses easily transfer into college credit, helping speed receiving a college degree.

"Before I enrolled in Franklin University, I informed my college advisor that I was enrolled in Smart Force (now Army e-Learning) and allowed him to review my transcript. He told me that many of the classes I'd taken through Army e-Learning would transfer into college credit," Crawford said.

Army e-Learning also provides the opportunity to diversify within a person's career. Before Army e-Learning, Army employees had little opportunity to pursue a different career field or attend courses that weren't currently part of their duty position. Quotas were usually priori-

tized based on the individual's current job series and employees weren't given the opportunity to attend training simply to learn something new or for their own personal development.

"Now, thanks to Army e-Learning, individuals can become more knowledgeable in other skill areas by completing training at home or anywhere there's an internet connection," said Leslie York, IT Specialist, Army e-Learning Program. "It's helping Army professionals to become more competitive in the job market,"

### From Active Duty to Civilian

Army e-Learning plays a significant role in preparing active duty soldiers for the transition to the civilian workforce. As an example, consider Carl Herbert, USMA-BOD-EMB/retired Air Force E7 who is now a telecommunications specialist for the West Point Military Academy.

"Army e-Learning provided me with the background and courses I needed to prepare for and better understand the position I decided to take at West Point," said Herbert. "Army e-Learning is a great tool. I've chosen courses to enhance my skills, because in today's world,

See **EDUCATION**, Page A15

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## EDUCATION, from Page A14

those who rely on old technology will be passed by. With access to Army e-Learning, that won't happen to me. I've probably taken 25 to 30 courses thus far and have no intention of slowing down."

Herbert's use of Army e-Learning hasn't been for the sole purpose of professional development. He uses the system for business and personal development too. "I design and build amateur radio equipment, write my own software programs using HTML and XML and design Web sites. I'm also a published writer," Herbert said. "This is all possible because of the free classes I'm taking through Army e-Learning. It's definitely a tremendous perk for all Army

employees, and I'd encourage everyone to take advantage of it."

Army e-Learning doesn't stop at the boundaries of professional development. It goes a step further – offering courses that assist employees with managing personal finances, balancing life, time management and more. While most organizations prioritize their training dollars based on job-specific training, the Army is covering the full spectrum.

Davis strongly believes that Army e-Learning can play a positive role in the lives of each and every Army employee. In Davis' opinion, "The Army asks its people to dedicate their heart and souls to their jobs, and they do. In return,

we have a deep responsibility to them. We have the obligation to provide Army personnel with the tools they need to succeed in their personal and professional careers within the Army and beyond. Army e-Learning is helping make that possible."

The Army is transforming the way it does business and an important factor is educating its workforce. For additional information on how to access Army e-Learning, log onto [www.us.army.mil](http://www.us.army.mil); My Education; Army e-Learning portal page. You can also access Army e-Learning at [usarmy.skillport.com](http://usarmy.skillport.com). You must have an AKO account to access the system.

## TRICARE, from Page A5 —

network provider for primary care and spend more than one hour's travel time for network specialty care. If the access standards are not waived, students may still make use of TRICARE Standard.

To learn more about TRICARE Prime portability and split enrollment, visit the TriWest Healthcare Alliance web site at [www.triwest.com](http://www.triwest.com) or the TRICARE Management Activity site at [www.tricare.osd.mil](http://www.tricare.osd.mil). TMA's web site also shows which TRICARE contractor provides services in the area where your PCS will take you or where your student goes to college.

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# Best of the b

BY STAFF SGT. JEFF TROTH

NETCOM/9TH ASC PAO



Sgt. Michael Graham, 235 Signal Company, answers questions from reporters during a mystery task for the NETCOM/9th ASC NCO/Soldier of the Year competition.

Photos by  
Staff Sgt.  
Jeff Troth



Above: Spc. Alqua Light, HHC, NETCOM/9th ASC, answers questions from Comand Sgt. Maj. Eliud Ortiz, 21st Signal Brigade, as her sponsor Staff Sgt. Rodney Mendoza takes notes. Top: Spc. Carine Francois, 160th Signal Brigade, applies a field dressing to a "casualty" during common task testing.

The best of the best for Network Enterprise Technology Command/9th Army Signal Command came here last month to compete for the title of NCO and Soldier of the Year, June 20-21.

After a grueling week of tasks designed to test their Soldier skills, Sgt. Robert Zlotow, 86<sup>th</sup> Signal Battalion came out on top as NETCOM/9TH ASC NCO of the Year, while Spc. Lawrence Haggerty, 302<sup>nd</sup> Signal Battalion, was named NETCOM/9TH ASC Soldier of the year.

The 15 competitors began this journey by winning their company's NCO or Soldier of the Month competitions, next came the company NCO/Soldier of the Quarter board. After winning their company NCO/Soldier of the Year board, they moved forward and won their battalion and brigade boards.

"All the competitors have worked very hard throughout the year," said NETCOM/9TH ASC Command Sgt. Maj. Ronald Desjardins. "All of them are already winners at their respective brigades."

For some of the Soldiers, the NETCOM/9TH ASC competition was different than what they had competed in previously. Besides answering questions from senior enlisted Soldiers, the competitors' Soldier skills were also challenged.

"This type of competition makes you better as a soldier because you have to learn everything that it takes to be a Soldier," said Spc. Tanashia Hudson, 169<sup>th</sup> Signal Company. "It makes you better all around as a soldier."

"It also builds a lot of character," said Zoltow. "This is no joke, it is an extremely difficult 4-day competition. There are a lot of different events from shooting your weapon to going out and doing a foot march and then coming back and having to do all these different tasks. And you have to know them bang bang."

The week began with the Army Physical Fitness Test. For some the change in elevation was too much, and two were dropped from the competition, one missing his 2-mile run time by just six seconds. The NCOs and Soldiers also had a written exam consisting of 50 multiple choice questions and an essay the first day. That night at an ice breaker, the competitors were able to get final words of encouragement from their respective command sergeants major and speak with Sergeant Major of the Army Kenneth Preston,

all of whom were here for the NETCOM/9TH ASC Command Sergeants Major/Sergeants Major conference.

Day two the NCOs and Soldiers drew weapons at 5 a.m. and headed to the range to qualify on the M16A2. The day ended at midnight after completing a day and night land navigation course.

At 4 a.m. on day three, the competitors were driven out to the common task testing site and were surprised when they were told to pick up a rucksack and start marching. Their first of four mystery tasks was an unannounced 6-mile ruck march. For the other mystery tasks they had to: disassemble and reassemble an M16A2; perform mouth-to-mouth resuscitation; and field questions from reporters.

The NCOs and Soldiers then had to show their military skills with five CTT tasks. At one station they had to report on enemy activity, another tested their knowledge on calling for indirect fire on an enemy location. At the two medical stations the competitors had to stop the bleeding on a fallen comrade, and then use the radio to call for a medical evacuation. The competitors from Bagram Air Base, Afghanistan, had first hand experience for the final station, react to an improvised explosive device.

"The CTT is what the whole thing is about," said Haggerty. "You can memo-





# est compete

size answers for a board but if you are going to compete as a Soldier you have to know the basic Soldier skills, which include first aid and communicating on the battle field.”

On the final day of the NETCOM/9TH ASC NCO/Soldier of the Year competition each NCO and Soldier sat in front of a board comprised of five command sergeants major. The board members scrutinized the competitors uniform and asked them questions ranging from current events to military leadership.

“One of the strengths of our great Army is the unique ability of our NCO and Soldiers to rise to the occasion and get the job done, no matter what the situation during war and peace,” said Desjardins. “The NCOs and Soldiers participating in this year’s competition did just that.”

At an awards banquet that night Staff Sgt. David Mendosa Jr., 25<sup>th</sup> Signal Battalion, was honored as NETCOM/9TH ASC NCO of the Year runner-up, while Spec. Aqura Light, Headquarters and Headquarters Company, NETCOM/9TH ASC, took home NETCOM/9TH ASC Soldier of the Year runner-up. After Zoltow and Haggerty were announced as the winners they were presented with eagle statues from the command, a certificate for a set of dress blue

uniforms from the Army and Air Force Exchange Services. Each also pocketed saving bonds and certificates from other Fort Huachuca and Sierra Vista organizations and businesses.

Before the two winners could escape back to their seats, the Tombstone Vigilantes placed a noose around their neck and were ready to “hang” them for loitering and other charges before the Tombstone sheriff’s department stopped them.

“I was extremely surprised to win,” said Zoltow. “All the NCOs I was up against are outstanding in every respect and I got lucky to come out on top.”

Even those that did not take top honors did not leave the competition without gaining something.

“I know that I am not going to be the same NCO that I was before the competition,” said Sgt. Keya Brown, 114<sup>th</sup> Signal Battalion. “I learned that no matter what you think your weaknesses are, just never quit and you will be a better person, a better Soldier.” “This type of competition will help me as a Soldier because it helps to push



**Sgt. Keya Brown, 114th Signal Battalion, calls in a medevac request, a CTT task.**

yourself to the limits,” said Light. “It helps you know what you can accomplish, both mentally and physically. Once you achieve that strength, you know you can do it and you carry it with you always.”

The competitors were not the only one who saw the potential they take away from the NETCOM/9TH

ASC competition.

“The NCOs and Soldiers that participated in this year’s competition have risen to the occasion and conquered many adversities to make it this far,” said Desjardins. “They will be the leaders of our future and will have an impact on the quality of their respective regiments and the Army.”



**Above: Sgt. Robert Zoltow (right), 86th Signal Battalion, and Sgt. Tina Hairston, 58th Signal Battalion, zero their M16A2s prior to heading to the qualification range. Left: Pfc. Allen Chestnut (left), 5th Signal Command, and Spc. Lawrence Haggerty, 302nd Signal Battalion, sprint for the finish line of the surprise 6-mile ruck march.**



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# Service News



DoD photo by Cpl. Robert R. Attebury, U.S. Marine Corps.

## House hunting

*Marines of 1st Battalion, 6th Marines, clear a house as a they look for weapons caches and signs of insurgency during an operation at Tharthar Lake, Iraq, on June 19. Marines of the 2nd Marine Division and Multi-National Force-West are conducting counter-insurgency operations with Iraqi Security Forces to isolate and neutralize anti-Iraqi Forces in the Tharthar Lake area.*

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# Ultimate sacrifice paid in support of OIF

**Spc. Ryan J. Montgomery**, 22, of Greensburg, Ky., died Sunday in Baghdad, Iraq, when an improvised explosive device detonated near his HMMWV while his unit was conducting convoy operations. Montgomery was assigned to the Army National Guard's 1st Battalion, 623rd Field Artillery Regiment, Campbellsville, Ky.

Eight Soldiers and eight Sailors who were supporting Operation Enduring Freedom were killed while conducting combat operations when the MH-47 helicopter that they were aboard crashed in the vicinity of Asadabad, Afghanistan in Kumar Province on June 28.

**Staff Sgt. Shamus O. Goare**, 29, of Danville, Ohio.

**Chief Warrant Officer Corey J. Goodnature**, 35, of Clarks Grove, Minn.

**Sgt. Kip A. Jacoby**, 21, of Pompano Beach, Fla.

**Sgt. 1st Class Marcus V. Muralles**, 33, of Shelbyville, Ind.

**Master Sgt. James W. Ponder III**,

36, of Franklin, Tenn.

**Maj. Stephen C. Reich**, 34, of Washington Depot, Conn.

**Sgt. 1st Class Michael L. Russell**, 31, of Stafford, Va.

**Chief Warrant Officer Chris J. Scherkenbach**, 40, of Jacksonville, Fla.

Goare, Goodnature, Jacoby, Muralles, Reich, Russell, and Scherkenbach were assigned to the Army's 3rd Battalion, 160th Special Operations Aviation Regiment (Airborne), Hunter Army Air Field, Ga.

Ponder was assigned to the Army's Headquarters and Headquarters Company, 160th Special Operations Aviation Regiment (Airborne), Fort Campbell, Ky.

Sailors killed were:

**Chief Petty Officer Jacques J. Fontan**, 36, of New Orleans, La.

**Senior Chief Petty Officer Daniel R. Healy**, 36, of Exeter, N.H.

**Lt. Cmdr. Erik S. Kristensen**, 33, of San Diego, Calif.

**Petty Officer 1st Class Jeffery A.**

**Lucas**, 33, of Corbett, Ore.

**Lt. Michael M. McGreevy, Jr.**, 30, of Portville, N.Y.

**Petty Officer 2nd Class James Suh**, 28, of Deerfield Beach, Fla.

**Petty Officer 2nd Class Eric S. Patton**, 22, of Boulder City, Nev.

**Petty Officer 1st Class Jeffrey S. Taylor**, 30, of Midway, W.Va.

Healy, Patton and Suh were assigned to SEAL Delivery Vehicle Team One, Pearl Harbor, Hawaii.

Fontan, Kristensen, Lucas, McGreevy and Taylor were assigned to SEAL Team Ten, Virginia Beach, Va.

**Spc. Robert E. Hall Jr.**, 30, of Pittsburgh, Pa., died June 28 in Ad Dujayl, Iraq, when a vehicle-borne improvised explosive device detonated near his dismounted position at the gate of his forward operating base. Hall was assigned to the Army Reserve's 467th Engineer Battalion, Greenwood, Miss.

**Sgt. Manny Hornedo**, 27, of Brooklyn, N.Y., died June 28 in Tikrit, Iraq, where a vehicle-borne improvised ex-

plosive device detonated near his HMMWV while conducting convoy operations. Hornedo was assigned to the Army National Guard's 1569th Transportation Company, New York, N.Y.

Two Soldiers who were supporting Operation Iraqi Freedom died on June 27 near Taji, Iraq, where their AH-64D Apache helicopter crashed. Both soldiers were assigned to the Army's 3rd Battalion, 3rd Aviation Regiment, 3rd Infantry Division, Fort Bragg, N.C.

Killed were:

**Chief Warrant Officer Keith R. Mariotti**, 39, of Texas.

**Chief Warrant Officer Steven E. Shepard**, 30, of Purcell, Okla.

**2nd Lt. Matthew S. Coutu**, 23, of North Kingstown, R.I., died June 27 in Baghdad where enemy forces engaged his convoy with small arms fire. Coutu was assigned to the 64th Military Police Company, 720th Military Police Battalion, 89th Military Police Brigade, Fort Hood, Texas.

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## Summer Sports Series will kick off with triathlon

The Sports and Fitness branch of MWR will hold the Steelhead Triathlon starting at 6 a.m., July 23 at Irwin Pool. Entry forms are available now at Barnes Field House, or online at [www.active.com](http://www.active.com). Entries are due by July 19.

The course will include an 800-yard pool swim, a 13-mile bike ride on a paved course, and a 3.1-mile run on a paved road.

Packets may be picked up beginning July 21 at Barnes Field House, or at Irwin Pool on race day.

The Steelhead Triathlon is the first event in the multi-sport summer series. The 2-10-2

Biathlon is scheduled for Aug. 20. This event consists of a two-mile run, a 10-mile bike ride and another two-mile run.

The Reservoir Hill 10 Kilometer Run, which is set for Sept. 24, will complete the summer sports series.

The sports series is open to all authorized MWR patrons. Both male and female athletes, individuals or teams, are invited to participate in one or more of the scheduled events.

For more information, including fees for the various events, call Karlie Hale or Ron Ellsworth at 533-3858 or 533-5031.



## Vocalists sought for national Military Idol competition

Army MWR, in the tradition of the "American Idol" television series, is looking for contestants for the first Military Idol Competition. Active duty amateur vocalists are invited to submit applications to their local MWR organization no later than July 22. Other talents, (musician, dancer, comedian, etc.) do not qualify for this competition.

Applications and contest rules are available on line at [www.militaryidol.com](http://www.militaryidol.com).

Locally, active duty personnel stationed at Fort Huachuca, from all branches of the service, are eligible. The first local competition will be held Aug. 5 at Time Out.

At the installation level, the following prizes will be awarded: 3rd place, \$100; 2nd place, \$250; and 1st place, \$500, plus an additional \$500 for the winner's unit. The first place winner at each installation will advance to the national level.

The National Military Idol Competition, will be held Oct. 17 - 22 at Fort Gordon, Ga.

At the national level, the following prizes will be awarded: 3rd place, \$250; 2nd place, \$500; and 1st place, \$1000.

For more information, call Marvin Wooten at 533-3802, the Thunder Mountain Activity Centre, or Saul Caraballo, 266-1666.

## Discount Sidewinder tickets at ITR

The Information, Ticket and Reservations Office has discounted tickets for the Tucson Sidewinders home games. The next home games are scheduled for tomorrow and Saturday, July 26 - 31.

The ITR Office is located in Building 70914, at the corner of Irwin and Hunter Streets. They're open 9 a.m. - 5 p.m., Monday - Friday and 10 a.m. - 2 p.m., Saturday. For more information, call 533-2404.

## Photo sessions for families of deployed, soon-to-be deployed Soldiers

In order to show appreciation for the efforts of deployed Soldiers and their family members, MWR will offer photo sessions for family members of deployed or soon-to-be-deployed Soldiers at the reduced cost of \$10 per session. The cost includes processing, 10 photos and a CD, (normally priced at \$25).

Sessions will take place 1 - 4 p.m., Saturday, and July 23 at the MWR Arts Center, Building 52008 on Arizona Street. Reservations are required by calling the Arts Center at 533-2015.

## Sundays are Soldier Day at Irwin Pool

Every Sunday throughout the remainder of July is "Soldier Day" at Irwin Pool. From 11 a.m. to 7 p.m., Sundays, adults can swim for \$1.50 and children for 75 cents.

Irwin Pool's summer hours are: 11 a.m. - 7 p.m., Monday, Thursday, Friday, Saturday and Sunday. Irwin Pool is closed Tuesdays and Wednesdays. For more information, call 538-3853.

## Tae Kwon Do class reaching capacity

The SKIESUnlimited program Tae Kwon Do class is held 6:30 - 7:30 p.m., every Tuesday and Thursday, at the Youth Center, Building 49013. The class is reaching its maximum number of students.

If you and your child wish to attend a free session to try out the class, stop at the Child and Youth Registration Office, Murr Community Center, Building 51301, and sign up for the first Tuesday of the next month; this will be the child's free session. This process will provide a smoother transition into the classroom setting. For more information, call SKIESUnlimited program director, Robin Gabert at 533-0710.

## Arts Center plans stained glass class

The MWR Arts Center will hold a new stained glass class, for beginners to advanced students, 3 - 5 p.m., July 12, 14 and 19. Cost is \$75 and all materials are included. The instructor is Jay Anderson.

You can register for this class at the MWR Arts Center, Building 52008 on Arizona Street. For more information, call 533-2015.

mation, call 533-2015.

## Quarterly Volunteer Award Ceremony

The Army Volunteer Coordinator will hold the 3rd Quarter Volunteer Awards Ceremony, 4:30 p.m., July 20 at the Thunder Mountain Activity Centre.

Call Army Community Service at 533-2330 to R.S.V.P. or for more information.

## Special trail ride at Buffalo Corral

Buffalo Corral will offer a special combined sunset/ moonlight trail ride, 7 - 9:30 p.m., July 21. Cost is \$17 per person for the two and one-half hour ride. Reservations and pre-payment are required by close of business Sunday before the ride.

The corral offers sunset trail rides 6 - 8 p.m., every Thursday - Aug. 25. These rides are open to the public, ages 7 and up. The price is \$13.50 for authorized MWR patrons and \$19 for civilians. Reservations and pre-payment are required by close of business the Sunday before the ride. For more information, call 533-5220.

## Volunteer Management Training

The Army Volunteer Coordinator will offer Volunteer Management Training, 1 - 2 p.m., July 21 at the Army Community Service, Building 50010. The class is open to anyone who oversees volunteers and is interested in attending. For more information or to register, call 533-2330.

## Irwin Pool to close for triathlon

Irwin Pool will close at noon, July 22, to prepare for the Steelhead Triathlon. The pool will re-open at noon, July 23.

For more information, call 533-3853.

## Bingo now open at TMAC

The MWR bingo program is now open at its new location, the Thunder Mountain Activity Centre.

The bingo schedule at TMAC is as follows: Tuesdays, Thursdays and Saturdays, bingo starts at 6:45 p.m.; and Sundays, bingo starts at 12:45 p.m.

For more information, call TMAC at 533-3802.



## Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to [paula.german@hua.army.mil](mailto:paula.german@hua.army.mil) or visit us on the Web at [mwrhuachuca.com](http://mwrhuachuca.com)





## Movies

Kicking and Screaming plays at 2 p.m. Sunday at Cochise Theater. For the complete listing of this week's movies, see Page 28.

## 504th Signal Battalion holds first Organizational Day

BY 1ST LT. ANDREA PRATT  
11TH SIGNAL BRIGADE PAO

Buljaski field was filled with activity centers, tents, and hundreds of Soldiers and family members on June 29, all taking part in the 504th Signal Battalion's first Organizational Day of the year.

Passers by might have noticed sparkling wind blowers set in the ground for the children or heard the music booming out of the ceremonial speakers, but once taking a peek over the parking lot hill of Barnes Field House a whole world of more events were exposed.

Buljaski field was reserved for the field games, while the surrounding hillside was used for the children's lesser competitive events and the food tents that were filling the air with the smell

of fresh barbeque cooked by the 504th Signal Battalion cooks. Some of the other competitive events also took place inside of Barnes Field House and Eifler Gym.

Despite temperatures reaching more than 100 degrees outside, the Soldiers and their family members still engaged in an exhausting range of activities for the duration of the entire day. There were several cooling tents and water stations, as well as a few trained Soldiers walking around with their combat life saver bags in the event that someone needed immediate medical attention, a bandage, or an IV, however, even after an entire day of running around the field in the full sun playing soccer or football, no one became dehydrated enough to require the use of them.

The day's events started off with a clear indication that family members were to be included by allowing children to hold all of the unit guidons for the opening and closing ceremony formations. There were several events set up specifically for the children that were recreational (ring toss, putt-putt golf, floating ducks, a picnic layout, bean bag toss, etc.) while the events set up for the Soldiers were more competitive and designed to declare a company winner for the organizational day.

The primary focus of the organizational day was to instill unit cohesion and build esprit de corps, "We're all going to be one big happy family today," commented 504th Signal Battalion Command Sgt. Maj. Raymond Thompson at the opening ceremony. "We want it to be fun, we want it to be safe ...

remember sportsmanship because when it's all said and done, we're still one team."

Lt. Col. Paul English also added a reminder at the opening ceremony to "have fun, but keep those folks who aren't here in mind," referring to the members of the 518th and 69th Signal Companies who were not present because of deployment, but who were still "members of our family."

After the opening ceremony, the competition started off with a five-man relay guidon race, each leg sprinting 100 meters, with the 19th Signal Company finishing first. The first event of the morning set the pace for the remainder of the day, as each company continually competed against each other in flag football, softball, soccer, basketball, volleyball, tug of war, and a horseshoe competition, cycling with each other throughout the day.

Spc. John Duncan, a clerk for the 19th Signal Company's warehouse, has only been in the unit for two weeks. He felt immediately welcomed into the 504th Signal Battalion, "I think it's a nice event to come in to," he said. "I got a chance to see everyone at their best in a relaxed environment."

He said he is looking forward to the Brigade Organizational Day, currently scheduled for August 5, and adds that competition should not be the main focus of an organized event like this, "I'd like to see my company win, of course ... but I'd rather see everyone have fun."

Spc. Damian Langley, a data team member for the 518th Signal Company adds that "this is helping boost



Photos by Spc. Marcus Butler

**Brittany Walck, 5 stands and holds the guidon for 269th Signal Company with a little assistance from her father Richard during the first formation of the 504th Signal Battalion Organizational Day**

comraderie and morale ... it's just a friendly competition, and not something that people should get upset about."

Sgt. Quantae Bush, a clerk for the 19th Signal Company re-emphasizes the same opinion, "it's a great morale booster ... it's helping build teamwork and camaraderie in the company." He would like to see organizational days happen "at least twice a year, like maybe once in the summer and once in the winter," and his favorite part of the 504th Organizational Day was "seeing the

See 504th, Page B7



**Chris Liter, 504th Signal Battalion, Headquarters and Headquarters Detachment leads the way during the first event of the organizational day.**

## Kip Calahan and Friends coming to Tombstone

### SCOUT REPORTS

Kip Calahan, chosen as the Best Female Vocalist of 2003 by the Academy of Western Artists, and also the winner of the 2004 Western Music Association's Song of the Year, will be presenting her "Sounds of the West" concert with Kip Calahan and Friends at 7:30 p.m. on July 16 in "Helldorado Town" at Tombstone.

There will be a pre-concert appearance, "An Intimate Night with Kip Calahan," on July 15 at the upper level stage. Calahan, known for her

"Cowboy Music with a Kick" has been a star in her own right and has shared the stage with such notables as Alabama, Merle Haggard, the Judds, Jo Dee Messina and Baxter Black, just to name a few.

Calahan, who hails from Animas, N.M., already has two hit CD's to her credit, with her current CD being "Dust Devil Angel."

"The Sounds of the West" concert, with Kip Calahan and Friends, is a collaborated event by Bronco Billy's Tombstone productions and Helldorado Town.

Tickets will be \$10 for adults and \$8 for all

military personnel with I.D., law enforcements/fire personnel, seniors (55+) and children 12 and under.

Friday night's appearance, "An Intimate Night with Kip Calahan," begins at 7:30 p.m. and is open to the public and there is no admission charge.

For advanced tickets, you can call Helldorado Town at 457-9035 or go to their Web site at helldoradotown.com. For additional information, call Bronco Bill at 457-3511 or e-mail him at broncobill@sismatrix.net.



## Fit For Life

## Avoiding mid-summer heat stress conditions, part one

BY GEORGE R. COLFER, PH.D.  
CONTRIBUTING WRITER

Early July usually brings on the monsoon season for southern Arizona. While the evening rains often give temporary relief from the intense summer heat, the humidity also rises, which presents another factor for heat stress whether it be from work, recreation, fitness activities or military training. In reality, there is still the potential for heat stress to be a consideration for the next three to four months. Therefore, precautions are still warranted.

### What is Heat Stress?

Heat stress is a dangerous condition that takes on various forms. During work, exercise or training, your body temperature rises slightly. The body then begins to cool itself to maintain a normal core temperature. Increased blood

flow expands blood vessels allowing more blood to reach the skin surface which causes heat generated within the body to release into the air. Our sweat or evaporation system kicks in to cool the body. Sweat glands receive signals from the brain to release fluid (perspiration) that evaporates cooling the body. Under normal conditions, these two mechanisms can control the increase in body temperature. However, the body can generate more heat than it loses through the evaporation process. This also drains the body of fluids and sodium which is essential for normal brain function. As more blood flows to the skin for cooling, less is available to nourish muscle function, brain activity and vital body organs. A more rare circumstance is when the body temperature regulating system shuts down and perspiration stops completely.

As a point of interest, one's normal body temperature is 98.6°F. Any increase of two or more degrees can start the heat stress reaction.

High environmental air temperatures and high relative humidity increase the onset of heat stress. As humidity increases, the rate of evaporation decreases which can allow the body core temperature to rise even if the air temperature is cooler. When perspiration cannot evaporate due to high humidity, the body cannot cool itself properly.

Heat stress disorders can affect everyone, but several "people" categories are more prone to trouble than others. Infants, young children and elderly people in general do not tolerate heat well. Others in a moderate to high-risk category are those with illnesses including heart or circulatory problems; those overweight or

obese; those in poor physical condition; people on certain types of medications; heavy alcohol drinkers; and those who have had a previous heat stress incident. A final group would include those who recently entered a hot and humid environment and have not yet allowed themselves time to acclimate to it. However, without using caution or prevention, everyone is susceptible to heat stress regardless of age, status, etc.

*Editor's note: due to the complexity of this topic and its importance in this part of the country, the Scout will run the second part of George's article next week rather than skipping a week as usual. Readers are encouraged to clip and save both parts since conditions in this area are more than capable of causing many of the problems discussed in this piece.*

## Sierra Vista 50th Anniversary



Countdown: Sierra Vista turns 50 in 46 weeks

Brown Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

### Reprinted from the July 7, 1955 "Fort Huachuca Scout"

#### Everyone Cooks in 293rd Sig. Co.

"Do it yourself" breakfast is served between 7 and 9 o'clock Sunday morning in the 293rd Sig. Co. The company reports as follows on a peace pact between their troops and cooks:

"For the first time in quite awhile, laughter is heard and sighs are audible on Sunday mornings in the Mess Hall of the 293rd. The storm clouds have passed and harmony reigns supreme between the troops and the cooks.

We salute Sfc. George Galloway for a unique job of mediating the situation in which the "you cook it yourself" policy was introduced into the company.

The policy gives every man the opportunity to cook his own eggs on Sunday mornings to his personal satisfaction. By this system, no man should have a gripe except about his own cooking.

"The first experiment proved very fruitful, and both the troops and cooks are relieved that this distressing problem has been solved. Now that we know it does work, we sincerely hope this solution to our problem will be of value to other companies on post."

### Keep Cool Man, Cool!

Man, this is a real cool summer - if you dig heat!

You may simmer, but don't turn red and fall on your head, man.

You just gotta beat this crazy heat. So if you don't want to reel and keel - then here's the deal.

Dig some wild water - it's a crazy drink, man. Slug the most you can - it's all gonna pour outa them mad holes in you skin and make you cool, man - real cool.

But watch that sweat, Dad! It's the saltiest! When the sweat pours from your pores - that salt's just gotta go! And you know you gotta put back what the sun fries out!

But we've got a treat that's quite all-reet! The craziest life-savers you ever gulped. Not cherry, not lime, not berry - just salt! Man, they taste like seaweed from the wild, wild ocean. But don't be acreeep, man. They're the most - and they're FREE!

Three salt pills a day keep the embalmer away, Dad!

So if you don't want to land in your bed - dead - stoke up on water and salt.

If you don't eat salt, man, it's all your fault! (AFPS)

#### EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the "Fort Huachuca Scout", showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 51 years since 1951. Morgue copies of the "Scout" are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of

# Arizona Tourist

## Arizona offerings for the sports enthusiast

BY SGT. JOY PARIANTE  
SCOUT STAFF

Sports enthusiasts of Arizona unite! Within just a few hours drive of Sierra Vista and Fort Huachuca, sports fans can enjoy major and minor league baseball, basketball and football. With varying and overlapping sports schedules, there's always a game or two to watch any time of year.

Football fanatics can catch the Arizona Cardinals in action from August through January at Arizona State University's Sun Devil Stadium in Phoenix. This however, will be the last year there since the Cardinal Stadium renovations and rebuilding are almost complete. According to the Arizona Sports and Tourism Authority, Cardinal Stadium in Glendale is on its way to becoming the most technologically advanced stadium in the NFL. Founded in 1898, the Cardinals are the oldest continually running professional football franchise in the nation. Sun Devil Stadium also hosts the college football Fiesta Bowl event and is home to the ASU Sun Devils football team.

From October through

January, you can check out the Phoenix Suns on their home court at the America West Arena, also in Phoenix. The Suns boast 14 consecutive years of playoff appearances. Also at the AWA, soccer fans can check out the Phoenix Sandsharks.

Alright, so you're not an Arizona sports fan. Well if you root for any baseball team in the western part of the United States, you can check them out in Arizona too!

As the warm March and April weather sets in, the baseball watching instinct that's hard wired into every American's brain comes alive. Satisfy your diamond craving with a day trip to either Tucson or Phoenix to watch the best of the west during Spring Training.

Arizona's early spring season and abundant amount of sunny, clear days make it the perfect Spring Training home for many of MLB's teams.

The Cactus League, comprised of American and National Leagues West and some AL and NL Central teams, calls the fields of Tucson and Phoenix home.

The AL and NL East and the remaining AL and NL Central teams head to Florida with the Grapefruit League.

The Chicago Cubs, San Diego Padres, San Francisco Giants, Seattle Mariners, Oakland Athletics, Texas Rangers, Anaheim Angels, Milwaukee Brewers and the Kansas City Royals migrate to fields throughout Phoenix for training. The Chicago White Sox, Colorado Rockies and Arizona's own Diamondback

train in Tucson.

After warming up with Spring Training, it's time for the main event – baseball season.

Even though the New York Yankees won't be gracing the fields of Bank One Ballpark this season, you can catch the Diamondbacks on their home turf from April through October. The Diamondbacks already have a World Series win under their belts, even though they've only been

around for eight years. In 2001, they snatched the title from the New York Yankees following a seven-game series.

Tickets for any of these teams can be found on Ticketmaster or on the teams' respective Web sites.

*Editor's note: Information for this article was compiled from [www.az-tsa.com](http://www.az-tsa.com) (Arizona Sports and Tourism Authority), [www.arizona.diamondbacks.com](http://www.arizona.diamondbacks.com), [www.azcardinals.com](http://www.azcardinals.com) and [www.nba.com/suns/](http://www.nba.com/suns/).*



Photo by Maj. Matthew Garner

**Arizona sports fans can check out the Sidewinders and many other minor league baseball teams at Tucson Electric Park.**

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## Enduro-Challenge triathlon

The 11<sup>th</sup> Signal Brigade will be hosting an "Enduro Challenge Triathlon" starting at 4:30am on July 15 at Barnes Field House. There is no entry fee and the first 100 entries get t-shirts. Individuals and 3-person teams must sign up by noon on July 14. The event is open to military members only, one team from each non-Thunderbird unit on post (all Thunderbirds can enter).

The event consists of a 1.1 km swim, an 11-mile bike trek and an 11-km run ending with an obstacle course event. 1st 2nd 3rd place trophies will be awarded. For more information, call Capt. Snawder at 533.1456 or e-mail [jared.snawder@us.army.mil](mailto:jared.snawder@us.army.mil) and Sgt. 1<sup>st</sup> Class Sloan at 533-1482 or e-mail [teresa.sloan@us.army.mil](mailto:teresa.sloan@us.army.mil).

## Soccer tryouts

The Sierra Vista Soccer Club Girl's U14 Thunder is holding tryouts at 5 -6:30 p.m. today, 9-11:30 a.m. on July 9, 5-6:30 p.m. on July 12 and 5-6:30 p.m. on July 15 at the Memorial Park. Girls who have not turned 14 before July 31 are invited to tryout. Bring water, shin guards and cleats to the tryouts. For more information, Bill Buttner at 266-3045 or e-mail at [buttner@ssvecnet.com](mailto:buttner@ssvecnet.com), Kevin Keckler at 249-1253 or e-mail at [kkeckler@cox.net](mailto:kkeckler@cox.net), or Jim Draeger at 378-9651 or e-mail at [jdraeger@cox.net](mailto:jdraeger@cox.net).

## Rainwater harvesting tour

Come see how you can collect rainwater on a Rainwater Harvesting Tour at 9am Saturday. Four locations will be open to the public. For a map to this free tour, call the Water Wise program at 458-8278 x 2141, email [jwilliam@ag.arizona.edu](mailto:jwilliam@ag.arizona.edu).

## Firecracker Open

Greater Huachuca Men's Golf Club and Mountain

View Golf Club presents the 11<sup>th</sup> annual Firecracker Open at 7 a.m. on July 16 and 17. The entry fee is \$16 and the green fee is \$20. All players must have an established USGA handicap. The cut-off date is July 13 at 5 p.m. or the first 144 paid golfers. For more information, call Carl Biski at 452-1252.

## "Hummingbirds of the Huachucas" program planned

"Hummingbirds of the Huachucas" will be identified and discussed at 1:30 p.m. on July 10 at the Carr House Visitor Information Center. Tom Wood and Sheri Williamson of the Southeastern Arizona Bird Observatory will present information about a new program enlisting the help of backyard birders to monitor hummingbird populations.

The Carr House is located approximately seven miles south of Sierra Vista. Travel south on Highway 92. Turn right (west). Drive approximately 2.4 miles up Carr Canyon Road. Carr House is on the left after a concrete dip in the road.

The Friends of the Huachuca Mountains maintain and operate Carr House. FOHM is a non-profit volunteer group that assists the Coronado National Forest, USDA Forest Service in its stewardship of the Huachuca Mountains. Volunteers support programs that contribute to the conservation, protection and enhancement of the recreational resources found there. In addition to coordinating educational programs, FOHM assists with other projects to enhance public education and recreation experiences in the Huachuca Mountains. For information about the group, call 378-9351 or 378-1563.

## DAR information workshop

The Daughters of the American Revolution are holding an information workshop to recruit new

members for their organization. The sessions will be at 4-6 p.m. and at 6:30-8:30 p.m. on August 24 at the Mona Bishop Room in the Sierra Vista Public Library. The sessions are open to the public and refreshments will be provided.

For more information, call Sallie Lovorn at 432-6671 (e-mail at [lovorn246@aol.com](mailto:lovorn246@aol.com)) or Carol Rilling at 378-2010 (e-mail at [rilling@c2i2.com](mailto:rilling@c2i2.com)).

## Instructors needed

The SkiesUnlimited program is looking for instructors to teach dance and or/gymnastics to military children. For more information, call Robin Gabert at 533-0710.

## Earn an income while at home

The Fort Huachuca Family Child Care program is looking for individuals who want to earn an income, raise their children at home, and make a difference in another child's life by becoming certified child care providers. The next training begins July 6, and the deadline to sign up is June 30. For more information on how to become an FCC Provider, call 533-2498.

Reminder: Fort Huachuca housing residents may only provide child care in their quarters after gaining approval from the Garrison Commander and the commander's agent, the Fort Huachuca Family Child Care office.

## Summer sale

The Huachuca Museum Gift Shop is holding a summer sale (15 percent off all items priced \$5.00 and up) for the month of July. Other items that are marked in red do not get additional mark down. The gift shop is open Monday thru Friday 9 a.m. to 4 p.m. and Saturday and Sunday 1 p.m. to 4 p.m.

# Pets Of The Week



**Brayden is a 10 week old male orange tabby cat.**



**Cledus is a male Pit bull mix, who is available to off-post residents.**

**These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit [forthuachucapetfinder.com](http://forthuachucapetfinder.com). In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.**

# At The Movies

Showing at the Cochise Theater for the next week are:

### Today -7 p.m.

Mindhunters  
R

### Friday -7 p.m.

The Longest Yard  
PG-13

### Saturday -7 p.m.

Special Showing  
R

### Sunday -2 p.m.

Kicking and Screaming  
PG

### Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

# Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day.

Fort Huachuca's Channel 97 will discontinue airing of the weekly Fort Report for a short period of time. Spc. Nate Ludwig, the broadcaster in charge of the report, is leaving the Army and a civilian replacement has not yet been hired. The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



**504th**, from Page B1 —

leadership that you don't see every day competing with [their Soldiers]."

The initial purpose behind the organizational day was achieved, and Soldiers in the 504th Signal Battalion had a fun-filled day of friendly competition and team building.

The final event of the day was a surprise tricycle race in which the battalion command sergeant major and company first sergeants had to compete in. Every commander jumped in behind their struggling noncommissioned officer in charge to help give them a push to the finish line; however, this disqualified all of them from earning any points for the event. "Regardless of who wins these trophies," Battalion Command Sgt. Maj. Thompson said at the closing ceremony, "Lt. Col. English, and I win because you're all our Soldiers!"

# Ask the Dietitian

## The most important meal of the day

**BY CAPT. JENNIFER L RODRIGUEZ**  
REGISTERED DIETITIAN

Breakfast is the most often skipped meal of the day, despite its healthy benefits. The saying has been around for years. "Breakfast is the most important meal of the day." Why do you ask? Years of research indicates that adults, children and teens can benefit from eating breakfast. Some benefits include improved brain function, more energy, and a more efficient metabolism.

The brain needs fuel to function efficiently. Breakfast helps replenish that eight to 12 hours of fasting since your last meal and can get you going first thing! Less irritability, more energy and a better attitude lead to greater productivity throughout the day whether at work or in school.

The biggest mistake most people make when trying to lose weight is to

skip breakfast all together. Think about this. You eat dinner and decide that you will skip breakfast in order to decrease your calories for the day. So, your next meal is lunch. Two things tend to occur: your metabolism slows down because there is no fuel to burn and you eat more at lunch because you are hungry from skipping breakfast. Research indicates that people who eat breakfast are better able to control their weight than those who don't eat breakfast at all. Successful weight loss participants with the National Weight Loss Registry report the most success with shedding pounds from eating breakfast everyday. And an added bonus, you have more energy to get your day started.

For those of you who say, "I don't have time to eat breakfast" remember that breakfast does not have to be traditional. Include a protein, a fruit and a whole grain to boost your energy and

prevent hunger come mid-morning. Some great breakfast ideas include: whole grain cereal with fruit, low fat yogurt topped with berries, a slice of whole wheat toast with peanut butter, breakfast smoothie made with low fat milk and fruit, leftover slice of veggie pizza and a small glass of 100 percent juice, or an apple with a piece of string cheese.

Remember, eating breakfast has many health benefits, however, be careful to avoid high fat, high calorie, nutrient depleted foods. That donut with a cappuccino or the new omelet breakfast sandwich from Burger King is not the healthy way to start your day. Make a healthy change today and have some breakfast. Happy Eating!

*Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to [jennifer.rodriguez1@us.army.mil](mailto:jennifer.rodriguez1@us.army.mil).*

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